

## Saving Money in the Home Little Tricks For Women in Household Economics

By ELIZABETH LATTIMER.

SAVING on the gas bill is an actual necessity these days, and in addition to using a fireless cooker, cooking in the oven may be said to be one of the very best methods of saving gas.

If you do not want to buy a fireless cooker, you can make one yourself for the small sum of 25 cents.

A tin lard pail, which was lined with two thicknesses of paper before packing, is used for the outside container of the cooker. A gallon oyster can, in which three inches of packing are allowed on all sides and at the bottom, is used as the nest. A piece of asbestos is wrapped around the outside of the nest and another piece put under the bottom to prevent the scorching of the packing when hot soapstones are used. Shredded newspaper and excelsior are tacked tightly around and to the top of the nest, which is about three inches below the rim of the outside pail. A circular piece of cardboard, made to fit inside the lard can, hides the packing and makes a neat finish. Pressure is caused by placing an excelsior cushion three inches thick on the top of the inside lid, and hooking down firmly the top of the outside container. Last, the two pails are enameled white.

### Here's What You Can Do With Fireless Cooker.

Here is what one woman has to say about the use of a fireless cooker:

"When I first used my fireless cooker I was keenly disappointed in the saving of time, labor and gas. Then I found it was because I had cooked only one food at a time, whereas, to get the best results, several foods should be cooked at the same time."

Foods cooked in the "fireless" way require about one-third longer for cooking than if placed directly over the gas. On this basis, made out a list of foods and the time required for their cooking. By using dishes which fit properly into the cooker, two or three foods may be cooked at one time. Baking and boiling can easily be done in this manner since the vessel containing the food to be cooked can be placed on the top radiator, which is always ready for baking or roasting.

One Hour—Celery soup, round steak with vegetables, bread pudding; baked fish, baked potatoes, young beans, steamed pudding (partially cooked on gas); salmon loaf, creamed potatoes, spinach, rice and tomato soup, Irish stew, bread pudding; corn soup, veal and rice, cauliflower.

Two Hours—Pot soup, fried chicken, sweet potatoes, tapioca custard; meat loaf, tomatoes with onions, potatoes, fruit pudding; lamb chops, parsnips, baked apples; pork tenderloins, rice, baked squash, apple sauce, boiled salmon, beets, rhubarb.

Three Hours—Leg of lamb, macaroni, scalloped potatoes, beef stew, string beans, brown Betty; veal with spaghetti, baked apples.

Four Hours—Pea soup, boiled dinner, meat pudding.

Six Hours—Chicken stew, dried fruit.

Seven Hours—Lentil soup, corned beef, stewed figs.

Here's How To Cook In Oven.

While baking some meat the water boiling in the roasting pan save an idea: If water boils in the oven in one

pan it should also boil in another. To prove the fact I filled a saucepan with cold water, put it in the oven to heat, and the water boiled. From that day, three months ago, I have cooked nearly all my dinners in the oven. I selected pans that would take up as little oven space as possible and covered them with close-fitting galvanized lids—tin ones will rust. For roasting I use an oblong or oval, straight-sided pan.

I prepare the foods as usual and allow the same amount of time for cooking them. I add salt to the vegetables, put them in boiling water and cover the pan so the water cannot evaporate and fill the oven with steam. When the water on the vegetables boils steadily I lower the gas. Foods that require a long time for cooking I put at the back of the oven out of the way. In roasting meat I sear it, cover it with another pan and lower it to the floor of the oven.

Sunday I cooked the following menu—all in my oven:

Roast Chicken, Giblet Sauce.  
String Beans, Browned Potatoes.  
Buttered Beets, Muffins.  
Baked Apples, Cup Cakes.

The giblets for the chicken gravy, the string beans, beets and potatoes I boiled on the upper shelf. Later I browned the potatoes in the roasting pan. On the lower rack I cooked the apples; later I lowered the heat and baked the muffins and cup cakes. The chicken I kept in the roasting pan on the floor of the oven.

The advantages of oven cooking are many. Two burners can be made to do the work of six at an average cost of 5 cents an hour, and, except when baking bread or cakes, you may leave your cooking for nearly an hour at a time, saving energy for other things.

Remember This If You Cannot Heat Your House.

Radiators finished either with ordinary or enameled paint give off more heat than those finished with aluminum or copper bronze.

See that all joints in hot air pipes are tight—holes act like check dampers. Keep the water container in the jacket filled.

Home-Made Cider Vinegar.

Cuts H. C. of L.

DEAR ELIZABETH LATTIMER:

In canning one bushel of apples I saved all parings and cores to make jelly, but could not get sugar, so washed and put them in a large stone jar, covering them with warm water and stand for ten days in a warm place until sour. I strained this and added one pound of sugar and poured in one-half gallon glass jars, which I left open until it stopped fermenting. I had about two gallons of strong cider vinegar, which I used for pickling and for table use. Last year I paid 25 cents a gallon for cider vinegar, so I saved \$1.50.

MRS. A. M. ENGELS,  
3526 New Hampshire Avenue N. W.

His Mistakes.

Wearied and worn and sad, the young man, who was prematurely gray, crawled into the registrar's office.

"Are you quite sure," he asked desperately, "that that was a marriage license you gave me three months ago, and not a dog's license?"

"Quite—quite! Of course!" said the registrar shapily. "Why do you ask?"

"Because I've led a dog's life ever since!" said the weary one, as he turned sadly away.

## Judging From Experience

She: "Little Jack Shows Signs of Becoming a Sailor"

DRAWN BY  
C. D. BATCHELOR



## Love and Intrigue Mingle in the Story of Karl Muck Deported Orchestra Leader

By FERI FELIX WEISS,  
(U. S. Secret Service Agent.)

AS MR. MARVIN led us upstairs to her daughter's room, she turned and said to me, "My daughter is out horseback-riding, she may return any minute."

Just as we entered Miss Marvin's room an unpleasant thought entered my mind. Is it possible that our decision to conduct such a search to her room has already been communicated to her or to Dr. Muck through one of the German sympathizers in the department and the incriminating correspondence in her possession destroyed? We learned afterward that either Miss Marvin had destroyed some of Muck's most incriminating letters, or she had not, but wrote and told him that she had. For the following letter explains that she had told Dr. Muck that she had made a bonfire of his letters. It reads:

New York, N. Y., Mar. 15,  
6 p. m.—1918.  
Grand Central Station.  
Miss Adele Marvin,  
Boston, Mass.

My darling:

The bonfire you started with my letters—yes, it was surely a hard step for you; just as it was a hard thought for me, the moment I realized that I was perhaps still the best. With the present hysteria, a search at the homes of all the people I know personally is not out of the question, once the hunt-down party gets the upper-hand. And this was the best. How lucky that you did not lose your presence of mind when your hair caught fire! It is hardly conceivable what might have happened.

Good-by darling! Take a heartiest kiss and greeting from me.

YOUR KARL.

As soon as we entered Miss Marvin's room her mother sat on the window seat.

While my companion was busy talking to Mrs. Marvin, prompted by intuition, which has helped me so often in my invisible work, and as if drawn by an invisible force, I went straight to the dresser and pulled out the upper left drawer and took out a letter addressed to Miss Adele Marvin, bearing a recent postmark.

I opened it. It was in German and was signed by Dr. Muck. I read it and as I did a cold chill ran through my system. The letter suddenly made me realize that this poor young girl had gone too far in her infatuation, so much so that Muck himself had seen the danger signals ahead and was advising her not to be too rash in her demands on him to visit her at her brother's house.

Another thing in the letter showed that Dr. Muck had grown somewhat suspicious of her. Below I quote passages from this letter. Later on I shall quote from ten or so of Dr. Muck's letters addressed to Miss Marvin, but I must make two very important points very plain: (1) Translations from the original letters were made by me and these are the property of the United States Government and I have no right to produce them here verbatim. (2) Many of these

letters are unprintable, so I shall have to quote such portions of them as can be printed.

Boston, Mass., 9 p. m., March 19, 1918.

Back Bay Station.  
Tuesday.

Miss Adele Marvin.

My darling:

Since yesterday I really did not find a moment's inward rest; I feel that owing to some mysterious impulse you have put it in your head that I "must do something for you" in order to prove my love to you; and that this "something" is exactly some thing that I am not allowed to do if I wish to consider you and your family.

You say today, and you even believe it, of course, that you do not care at all nor does your brother, if your folks have trouble in case I come to the house. And then you must not forget that these curs would no doubt find out at once with their lynch-eyes the one weak spot in our relations, drag it in the open before the public, make it coarse, common, dirty, our friendly relations.

I never heard such remarks; except, perhaps, once that I seem to be very much interested in your artistic development. But you told me yourself that some woman made a fresh remark at the concert in Symphony Hall so that you could hear it with your own ears. It is a sad fact, that since the dismissal of the two decent and honorable officials in the local Department of Justice about fourteen days ago and their replacement by Lithom-men, my position here is ten times worse than it ever was; and the last scandal in New York has made the whole pack still more rabid.

On the other hand I am again and again surprised that you are so stubborn in this one point, and that you do not see the thing clear; when you are such a clever and sensible head otherwise. And I am asking myself often since yesterday: Is there some secret motive behind it, which I cannot see, cannot forebode (suspect).

I hope to see tomorrow evening you in the chorus rehearsal. I am so absent minded I really do not know for the moment whether the rehearsal begins at 7 or 7:30. I will have. . . . telephoned you as to this tomorrow forenoon. The whole chorus and orchestra band must enter via the stage entrance; you must, of course, not do this. I shall take care that the main entrance is kept open for you; and will somebody will wait there for you who will admit you. During the intermission and at the end of quite passages from this letter before the rehearsal begins I may find an opportunity to speak to you, to hold your hands and to glance into your eyes.

And now, God bless you for today, my beloved darling!

Love me ever,  
Your KARL.

The mother sitting a few feet away from me asked what the let-

ter was about, and if that was what I wanted. Poor woman! I made no reply and, putting the letter in my pocket, proceeded in the search. (Another installment Monday.) (Copyright, 1919.)

### The Scotch of It.

Sandy and Angus were discussing the merits of their respective regiments, and each was of the opinion that his own particular one was far and away the best. "Why," said Sandy, "when our colonel is dismissing us he says to the officers, 'Fall out, gentlemen.'" "That doesn't count for much," said Angus. "If our colonel said that all the regiment would fall out!"

## Step Toward Long Life

By Brice Belden, M. D.

GROWING children need protein in the form of milk and eggs; so, also, do muscle workers. Misuse of the proteid foods, particularly meats, has much to do in our modern life with the wrecking of nerves and lives.

The eating of meat does little harm in youth (most damage to youth grows out of excessive sugar consumption). In reasonable quantity, and properly prepared, meat is

well utilized by the growing organism.

Danger comes in the later years. Even in early maturity, if one is inactive, meat eating can be easily overdone. If the digestion is especially good, and the kidneys efficient, meat may do little or no harm. Of course, if one uses his physical forces much, meat eating may be advantageous. The early frontiersmen subsisted largely upon

it and "nerves" did not trouble them at all.

An excess of meat, or failure to digest all that is eaten of it, means acid production. The unassimilated portion decomposes and decays, particularly in the middle-aged and old.

Strength, health, and nervous power are all furthered, generally speaking, by the reduction of meat or even its elimination from the diet. Social efficiency is thus enhanced.

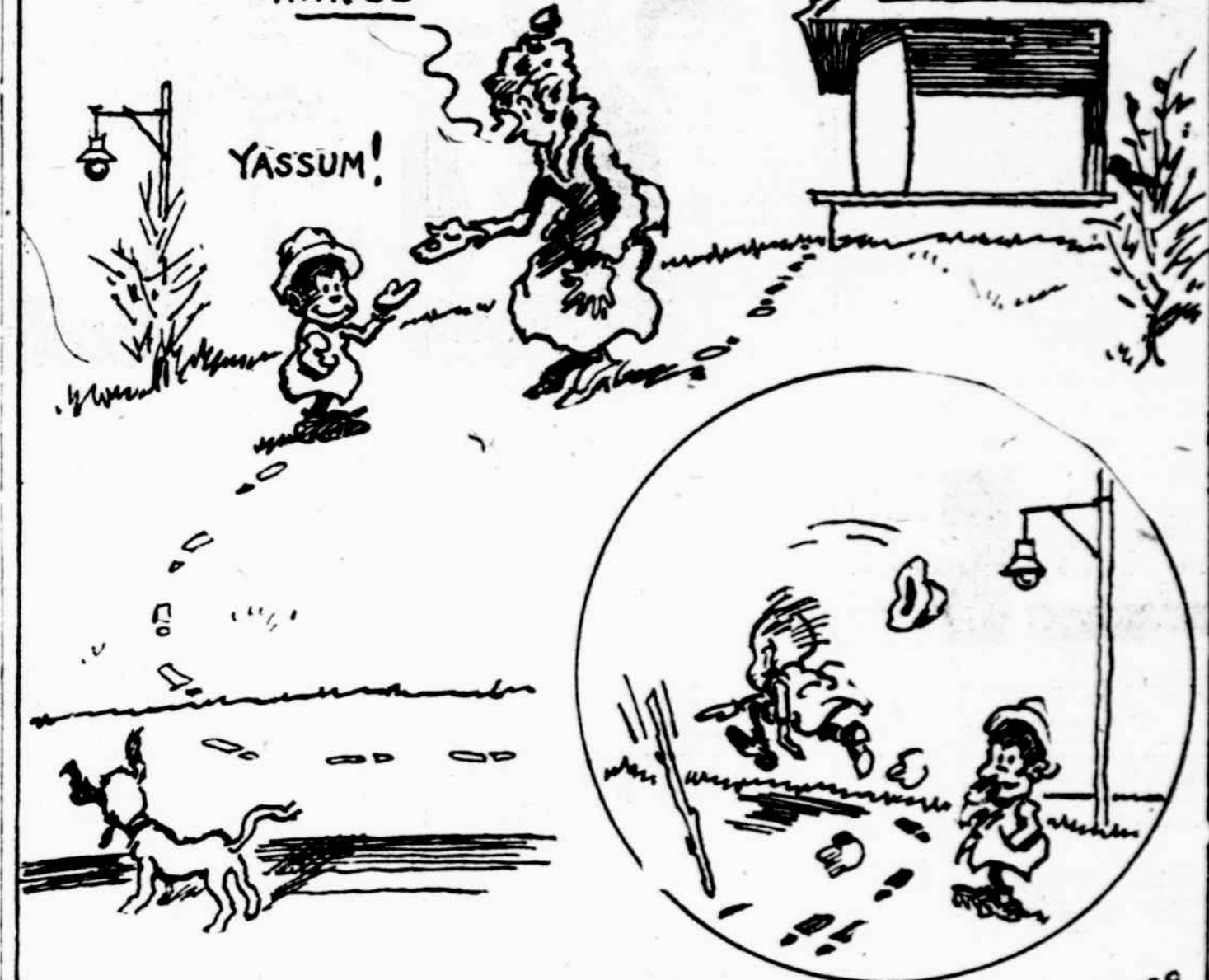
Meat eating is largely a habit, and one that is hard to break. If meat must be eaten, fowl and fish are the least objectionable forms.

Be wise and resist the lure of toxin-producing and nerve-harassing proteids, thereby conserving your health and insuring longevity.

## Mother Wanted Willie Home in the Very Quickest Possible Time.

By FONTAINE FOX.

"REMEMBER NOW, YOU JUST TELL HIM THERE'S A BIG WAGON IN FRONT OF HIS HOUSE UNLOADING A LOT OF CHRISTMAS THINGS"



## BOOKS

HEROES OF THE NAVY IN AMERICA.  
By Charles Morris. With sixteen illustrations. Philadelphia: J. B. Lippincott Company.

This stirring work recounts many daring exploits of our naval heroes all along the line of history from Revolutionary times to our own Admiral Sims and his superb work in the great war. It is a brilliant record of naval achievement and will quicken the heart of every American as he reads it.

The historic Boston tea party; John Paul Jones and the Bon Homme Richard; Lawrence's "Don't give up the ship"; Perry on Lake Erie; Farragut's dash to the ring; the Hartford crying, "Destruction of the torpedoes," and the exploits of our heroes of the war with Spain recall familiar historical events. These, and many more, less familiar, are here recited. But Mr. Morris has illuminated and enriched the facts of history by his collection in this book of many hitherto unknown details connected with the occurrences. Two chapters are devoted to the work of our naval forces, on sea, under sea, and in the air, during the recent war. It is a readable and fascinating book of history, so pleasantly presented it holds the reader even as fiction would.

To Satisfy Conscience.

Hawkins and his friend Brown stood conversing at the corner of a street. Hawkins looked up, clutched his companion by the arm, and whispered, "Come, Jim!" and hurried him away. "Creditor of mine," Hawkins explained when they had gone some distance. "It isn't like you to dodge creditors," said Brown. "Well," was the reply, "I have enough in my pocket to pay him, and if he caught me I might do it. Now let's go and have a bottle of champagne, so as I can give him an honest excuse if he should happen to meet him again!"

His View of It.

A footman in the service of a man with a very hasty temper gave notice to leave.

"Why do you wish to go?" asked the employer.

"Because, to speak the truth, I cannot bear your temper."

"To be sure, I am passionate, but my temper is no sooner on than it is off."

"Yes," replied the servant, "but then it is no sooner off than it is on again!"